Pomì
O Così. O Pomì.

Cod Soup

Preparation time: 65 min
Difficulty: Easy

Ingredients

- Celery Ribs finely chopped: 2
- Cod Filet: 1.5 Lb
- Cup All Purpose Flour: ¼
- Cup Dry White Wine: ½ Cup
- Garlic Cloves finely chopped: 2
- Garlic cloves whole, for rubbing (recommended): 2
- Hot Pepper Flakes: 1 tsp
- Olive Oil: 2 tbsp
- Parsley finely chopped: 2 tbsp
- Slices of Country Bread (recommended): 4-6
- Small Carrots finely chopped: 2
- Thyme Sprigs: 4
- Vegetable Broth: 4 Cups
- White Onion finely chopped: ½

Preparation

Heat up the vegetable broth is a small skillet.

In a pot large enough to contain all ingredients heat the olive oil on a medium-high flame and sauté onions, carrots and celery for about 5 minutes until softened but not browned. Add garlic and pepper flakes, stir well and cook for a couple of minutes.

Add the flour and stir with a wooden spoon for a couple of minutes, then add the white wine and cook for an additional 3 to 5 minutes, until the wine is reduced by a third and the smell of alcohol has faded.

Add the tomatoes and mix well until all ingredients are blended together, bring to a simmer then reduce the flame to a medium and let cook for about 10 minutes.

Once the base for the soup is ready, ladle in the warm broth, season to taste with salt and pepper, stir well and bring back to a simmer.

Gently slide the cod filet into the broth and stir slowly. Cook for about 5 minutes then stir again so the meat starts breaking down in chunks, then keep cooking for another 5 minutes.

Remove from heat, stir in the thyme sprigs, and let cool off for 5 to 10 minutes before serving.

Finish the plate with a sprinkle of chopped parsley, some freshly grated pepper and a drizzle of olive oil. A well-toasted or broiled slice of country bread is a must for a soup like this and a nice rub of garlic on the bread is recommended as well.

Prep Time: 15 min - Cook Time: 40 min

For this recipe we used:

Chopped Tomatoes 2 Cups